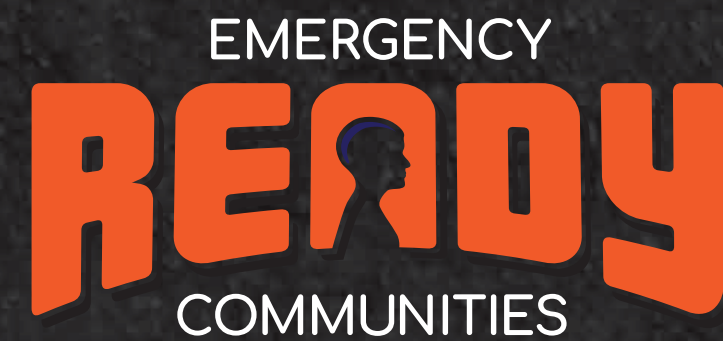


ARE  
YOU  
READY



# BEFORE an Emergency



## Start Planning for Emergencies

**THINK**



Think about emergencies that can affect you and disrupt your routine activities.

**PLAN**



**WHAT?  
WHERE?  
INSURANCE?**

List what you will do in emergencies and where you will go or stay if you need to leave your home. Consider insurance for your home and contents.

**ACT**



Pack an emergency bag and have it ready to go.



Ensure your family knows your emergency plan.



Know your neighbours and help one another.

### WEBSITES TO GUIDE YOUR PLANNING:

Australian Red Cross RediPlan – [redcross.org.au/get-help/emergencies/resources-about-disasters](https://redcross.org.au/get-help/emergencies/resources-about-disasters)

SES Home Emergency Plan – [ses.vic.gov.au/get-ready/at-home](https://ses.vic.gov.au/get-ready/at-home)

CFA's Fire Ready Kit – [cfa.vic.gov.au/plan-prepare/fire-ready-kit/](https://cfa.vic.gov.au/plan-prepare/fire-ready-kit/)

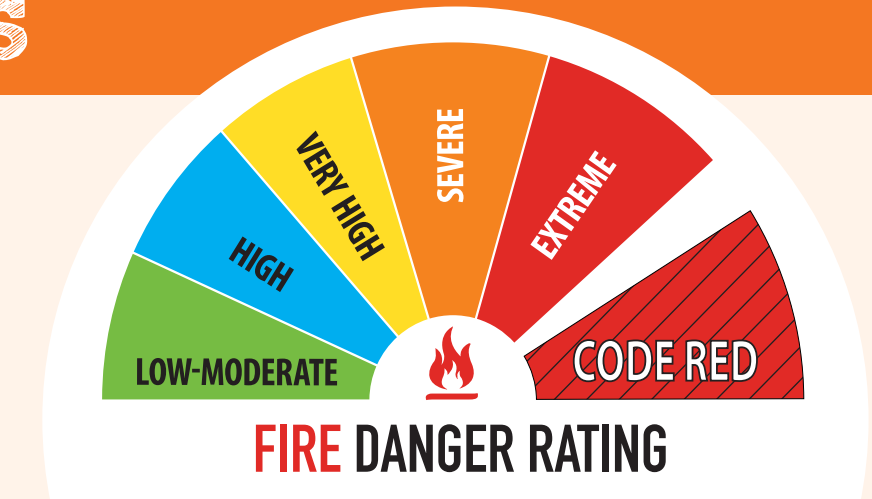
Home and Contents Insurance – [insureit.vic.gov.au](https://insureit.vic.gov.au)

# DURING an Emergency



## Bush and Grass Fires

Check fire danger rating every day during fire season at [cfa.vic.gov.au](http://cfa.vic.gov.au) or [emergency.vic.gov.au](http://emergency.vic.gov.au)



If you live in urban areas near grasslands, walk two streets back when a fire starts. Do not drive.



Fire starts and spreads quickly on days with 'Severe' warning or higher. If you live near bush areas, leave early.



## Power Outages

Power Outages can happen during extreme weather

### Stay safe:

- Switch off all electrical appliances.
- Be careful with open flames.
- Call your electricity distributor or licensed electrician to check faults.

- Arrange for continuous power supply, if you have special needs.

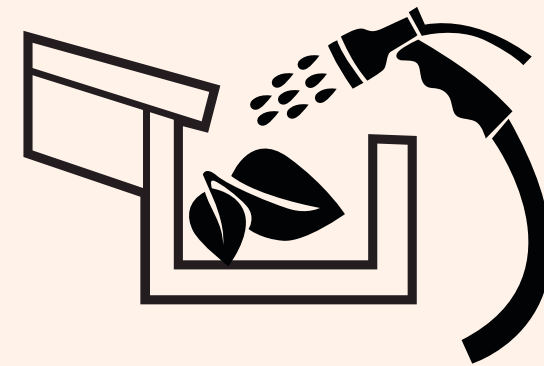
For more information [emergency.vic.gov.au](http://emergency.vic.gov.au)

# DURING an Emergency

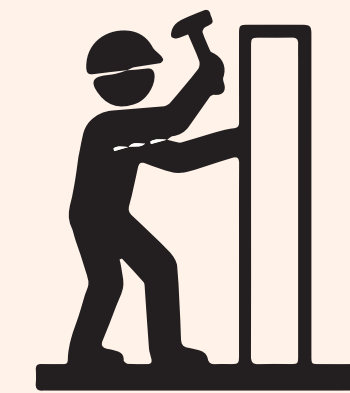


## Storm and Flood

Storm and floods can happen anytime



Keep gutters,  
pipes and drains  
clear



Secure loose items



Check  
thunderstorm  
forecasts



Stay indoors and  
be ready to leave if  
unsafe



Check that your  
insurance plan  
covers flooding



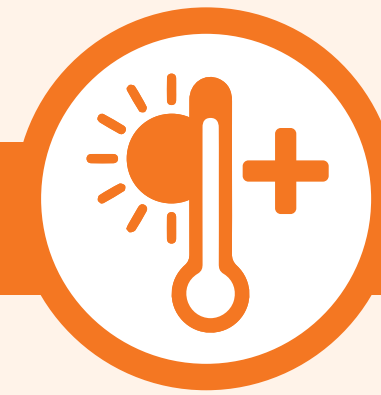
Stay away from  
damaged buildings,  
powerlines and  
trees.



Never enter  
floodwater and  
avoid waterways

For more information [emergency.vic.gov.au](https://www.emergency.vic.gov.au)

# DURING an Emergency

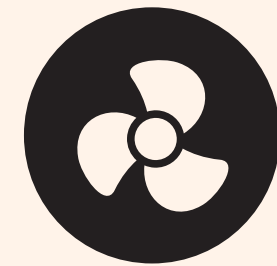


## Extreme Heatwaves

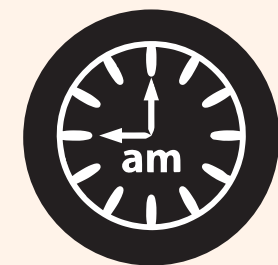
### On a hot day:



Drink more water



Stay cool and indoors, if you can



Carry out activities in the coolest part of the day



Wear a hat and sunscreen, when outdoors



Do not leave anyone in cars



Help others at risk

If you are not well, see a doctor or call  
NURSE-ON-CALL (1300 60 60 24)



## Thunderstorm Asthma

Thunderstorm asthma events can happen during grass pollen season. You can be affected even if you do not have a history of asthma.

If you feel breathless, wheezing and tightness in the chest, follow 4 steps of asthma first aid:

- 1 Sit upright
- 2 Give 4 separate puffs of reliever puffer
- 3 Wait 4 minutes. Repeat if no improvement
- 4 **call 000** for help, if still no improvement.

If you do not have a reliever puffer, **call 000** immediately.

Stay informed with thunderstorm asthma forecast during grass pollen season at [emergency.vic.gov.au](http://emergency.vic.gov.au)

For more information [betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)

# DURING an Emergency



## Stay Informed

Get information and warnings



Listen to ABC  
local radio **774 AM**



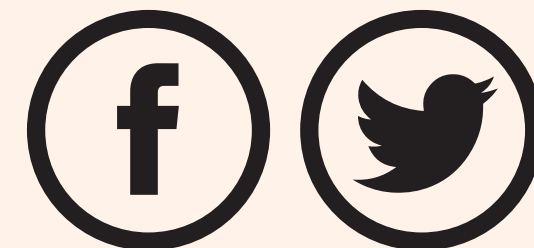
Call VicEmergency Hotline  
**1800 226 226**



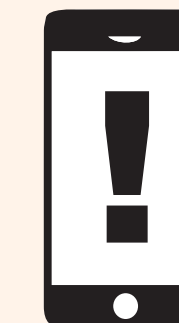
VicEmergency  
App



VicEmergency website  
**emergency.vic.gov.au**



VicEmergency Facebook  
and Twitter  
**facebook.com/vicemergency**  
**twitter.com/vicemergency**



Phone alert  
**Sms to mobiles**  
**Calls to landlines**

# AFTER an Emergency



## Relief and Recovery

It may be confusing and stressful after an emergency



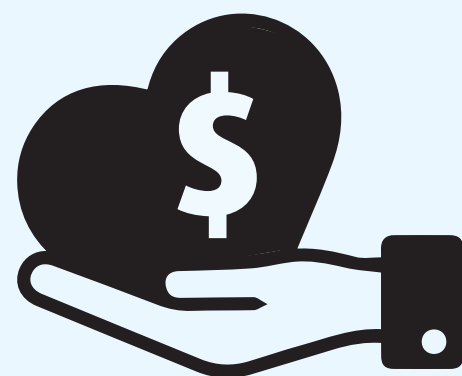
Have alternate plans to stay with family or friends, in case you are not able to return home.



If you need to look for family or friends, access [Register.Find.Reunite](#) service by Red Cross. For information, visit [register.redcross.org.au](http://register.redcross.org.au)



If you feel stressed, get help. For information, visit [lifeline.org.au](http://lifeline.org.au)



If you experience hardship, you may be eligible for emergency relief assistance payments. For information, visit [services.dhhs.vic.gov.au/financial-crisis-support](http://services.dhhs.vic.gov.au/financial-crisis-support)

Your local Council will be able to connect you with available services and support. For help, contact your local Council.